

During exercise for each pound lost replace fluid with one (16 oz.). Most people loose two to six cups of sweat per hour of exercise.

DC Schools Beautification Project

District of Columbia Public Schools is sponsoring a volunteer beautification project for public schools in the District. DC Fire & EMS is playing a big role in this project by re-stringing and hanging flags at all the public schools. Thanks to everyone who has participated in this community outreach activity.

Customer Service



The Customer Service team has been busy all summer performing community outreach soliciting Ward 6 residents to participate in the DC Safe Kids and DCFEMS home safety project. The team has also distributed hundreds of Make the Right Call pamphlets to residents at Safeway stores, North East Tae Kwon Do, Martial Arts Center, the Hope Center Grand Opening , and the 13th Street, NE Community Appreciation Day just to name a few.

At the Kenilworth Beautification Day, the team along with the Fire Safety Education team went door to door and distributed approximately 280 information packets which contained Make the Right Call, Safe Place Information, Home Fire Safety Info and Apartment Fire Safety Information. Private homes were also visited.

Farewell to Summer Youth Employees



Chief Adrian Thompson thanks our summer youth workers for a job well done. A luncheon was held in their honor on August 12.

Child Safety Seat Clinics

Upcoming dates for Child Safety Seat Clinic are:

Sunday, September 4	1100-1500	Engine 33
Saturday, October 15	1100-1500	Engine 24
Saturday, November 19	1100-1500	Engine 33
Saturday, December 10	1100-1500	Engine 24

Help us spread the word. Members of the community who are unable to attend one of these drop-in clinics can schedule a child safety seat check appointment by calling Ms. Shamone Hoston, Fire Prevention Division at (202) 727-1778.

DCFEMS 4-1-1

The department regrets the passing of the following retired members: Retired Firefighter Robert s. McCowan who passed away on June 20, 2005; Retired Sgt. Aubrey B. Jasper, Sr. who passed away on July 3, 2005; Retired Firefighter Robert S. McCowan who passed away on June 20; Retired Sergeant Aubrey B. Jasper,Sr. who passed away on July 3; Retired Fire Inspector James N. Keyser, Jr. who passed away on July 23; Retired Lieutenant Vernon E. Strobel who passed away on August 7; Retired Firefighter John L. Murphy who passed away on August 8; and Retired Firefighter Richard E. Beall who passed away on August 16, 2005.



BEACON

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Firefighter of the Year

Lt. Ronald Kemp (E-27-4) was recognized on July 21 as Firefighter of the Year – 2005 by the Exchange Club of Capitol Hill for his actions during the apartment building fire at 2555 Elvans Road, SE on October 16, 2004. Then Sgt. Kemp was in command of Rescue Squad 3, the first arriving unit, and suffered second degree burns while rescuing a small child from the raging fire. In accepting the award, Lt. Kemp said he wanted to share it with the other firefighters on the scene that night. Lt. Kemp’s father, retired Indiana fire Chief Ronald Kemp, traveled to the District to attend the awards breakfast in the US Capitol Building’s Senate Family Dining Room. Pictured with Lt. Kemp are Jay Groen, President of the Exchange Club of Capitol Hill, and Dick Jones, Past President of the Capitol Hill Chapter. The Exchange Club is a national civic organization with a focus on community service and service to youths. This is the sixteenth year the Capitol Hill Chapter has honored a firefighter.

★★★ Adrian H. Thompson,  
Fire/EMS Chief  
Anthony A. Williams, Mayor

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Please e-mail your births, deaths, retirements, marriages or other personal news to share to [gwendolyn.smith@dc.gov](mailto:gwendolyn.smith@dc.gov). Submissions are requested no later than the third Tuesday of the month at 5 p.m.

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Contact us at (202) 673-3331 or fax (202) 673-3188

### DC Firefighters Receive National Acclaim for Bravery



Six DC Firefighters were honored by the International Association of Fire Chiefs for their actions at an apartment fire last year. The ceremony took place during Mayor Williams' weekly press briefing on July 27.

The Eastern Division of the IAFC selected Lt. Eric Zbikowski, Lt. Ronald Kemp, and firefighters Gerald Bunn, James Edelen, Jr., Gary Steen and Gary Mayo for their work in saving the lives of three young children from an apartment fire at 2555 Elvans Road, SE last October 16.

On that day, just before 10:00 pm, firefighters were called to that apartment building for the report of a blaze that had already consumed at least one apartment. There were further reports that several people, including children, were trapped in the fire.

First arriving units met a chaotic scene: dozens of frantic citizens, occupants and family members trying to save themselves and others trapped inside the three-story apartment building. Rescue Squad 3, commanded by (then) Sgt. Kemp, reported heavy fire conditions and numerous trapped victims. With full knowledge that

people were inside the burning second-floor apartment, Sgt. Kemp and Firefighter Mayo, without regard for their personal safety, pushed inside the fiery apartment and began to search for victims. Firefighters Steen and Edelen also entered the burning apartment—then climbed stairs to the floor above looking for possible victims.

Working together, Sgt. Kemp and Firefighter Mayo made their way through a volume of fire continuing their search. Inside a bedroom near where the fire started, Sgt. Kemp located an unconscious child. Shielding the toddler from the flames, Sgt. Kemp moved toward the door with Firefighter Mayo leading the way. Once out of the fire, the child was turned over to a firefighter paramedic who initiated life-saving treatment. Sgt. Kemp sustained second-degree burns to his neck, back and hand in the process.

Lt. Zbikowski, who was in charge of Engine 15, leading the attack on the fire, advanced into another room, where he found another child who was unconscious. He immediately grabbed the child and, clutching him to his turnout gear, ran through the apartment to deliver the youngster to medics waiting outside. He was assisted by several members of his crew.

Working with the crew of Engine 25, Firefighter Gerald Bunn made his way into a third bedroom and located an unconscious child. He immediately gathered the child in his arms and evacuated him to waiting medical care.

In announcing the awards, Chief Bernard T. Cohen of the Eastern Division of the IAFC, said, "The Eastern Division is most proud of their actions, and we salute them for the exemplary performance that was indeed above and beyond the call of duty."

"I am so proud of each of these firefighters," said Chief Adrian Thompson on learning of the awards. "Their training, quick action, dedication and unswerving loyalty exemplify the American firefighter."

### Trip to Arizona Wildfire

The National Capital Region Incident Management Team was formed in 2004. It's purpose is to field a team trained in advanced Incident Command System procedures to assist area jurisdictions in managing major emergencies.

Six DCFEMS personnel are members of the National Capital Region Incident Management Team. They are Acting DFC Michael Willis, BFC Larry Schultz, BFC Jim Talbert, Acting BFC Robert McClafferty, Captain Jim Dugan, and Captain "Jim" Vlassopoulos. Part of the team's training includes going to large scale incidents around the country to observe experienced Incident Management Teams in action. On June 30, 2005, six members of the NCRIMT went to Carefree, Arizona, to observe the Southwest Area Incident Management Team at the "Cave Creek Complex Fire." Two DCFEMS members, BFC Larry



(From left to right): BFC Jim Talbert (DCFD Fourth Battalion), Lt. Pat O'Brien (Frederick MD. Police Dept.), BFC Larry Schultz (DCFD Special Operations), DFC Daryl Louder and DFC Dave McKernan (Fairfax County Fire & Rescue Dept.).



Engine 20's accident June 8th on Military Rd., NW, is a reminder to all personnel to exercise extreme caution when operating our apparatus. Luckily, no one was injured in this accident, which destroyed the 2000 E-1 Cyclone pumper.

Schultz and BFC Jim Talbert, accompanied fire chiefs from Fairfax County and a police official from Frederick, Maryland with the NCRIMT.

The Cave Creek Fire was about the largest fire in Arizona history and eventually consumed an area of about 300 square miles, roughly the size of Fairfax County, Virginia. As many as 1200 personnel worked on the fire for two weeks. NCRIMT members "shadowed" the Southwest IMT for seven days. They learned that the same advanced ICS procedures that help control large wildfire operations, could also be very effective at managing large incidents here, such as bombings and terrorist attacks.

### Employee and Affiliates Purchase Program

Want a computer at a discount price? District government employees interested in purchasing a new computer at a discount price can view computers at the following websites.

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## Fire Safety Olympics

On August 2 Fire/EMS along with DC Department of Parks and Recreation hosted the 3rd Annual Fire Safety Olympics, a program of physical competitions focused on teaching fire safety and prevention skills.

More than 300 children between the ages of five and 14 competed in events like the "Running Gear Race," where the kids don firefighter protective gear and run in a foot race. Fire/EMS Chief Thompson said, "The Fire Safety Olympics is a great way for children to have fun while learning critical, potentially life-saving skills."



- <http://www1.us.dell.com/content/default.aspx?c=us&cs=2248&1=en&s=eep>
- <http://www1.us.dell.com/content/default.aspx?c=us&cs=RC956880&1=en&s=sig>

Use FEMS Discount member ID number: SS41676111 at <http://www.dell.com/ghc> (or by calling 800-695-8133).

## Risk Management

The Disability Compensation Program hotline number to report District of Columbia Work Injuries has changed. The new number is 888-832-2524.

## HIPAA News

The Department officially has a Medical Records Unit (MRU) which operates under the Office of the General Counsel. MRU maintains and secures all Patient Care Reports (PCR-151's). This unit is restricted to authorized personnel only. MRU is located at Engine 16.

The staff welcomes Angela White as our medical Records Assistant. All requests for Protected Health Information



**EMT-1 Class Graduation** – On July 1 a graduation ceremony was held at the Fire/EMS Training Academy for 17 Intermediate Paramedics EMT-IP Class-4. These paramedics completed a six month intense curriculum. The next EMT-IP class will begin September.



**New Rescue Boats** – RS-2 was trained on our new, larger, speedier, rescue boats on July 16 at the Washington Channel off Hains Point. *Photo by Jonas Grumby*

(PHI) shall be directed to the Office of Information and Privacy located in the Grimke Building, 1923 Vermont Avenue, NW.

## Lt. Tony Carroll returns to Truck 7!!

Lt. Tony Carroll marked his return to firefighting with a visit to the place where he nearly lost his life six months ago. On January 11 of this year, Lt. Carroll was among the first firefighters to enter 2300 Good Hope Road, SE, where an explosion sparked a second alarm blaze. Lt. Carroll, operating on the third floor as the officer of Truck 7, fell through an open elevator shaft into the basement – approximately 35 feet. He sustained serious injuries that required months of rehabilitation. For the first time since the fire, Lt. Carroll returned to the Marbury Plaza Apartments on July 26.

"It's bittersweet," said Carroll. "I'm very happy to be back doing what I love."

Two people died in the blast and subsequent fire. The cause of the explosion in the laundry room on the second

floor of the apartment building was determined to have been the result of a faulty gas line feeding automatic dryers.

Lt. Carroll was also honored by Marbury Plaza residents during an event on Saturday, August 27.

## Message from MIS

In the next two months, the MIS Office will be upgrading and updating equipment and service at all locations. These improvements will increase network speed and reliability, as well as decrease the duration and frequency of network outages at remote sites.

## Kudos to EMS Staff

On July 27 at her residence Delores Hill, Administrative Service Specialist, accidentally cut a radial artery while preparing a meal. When our EMS units arrived Ms. Hill

says "They really saved my life." After controlling the bleeding, applying a pressure dressing, and IV, Ms. Hill was transported to MedStar where she had surgery to repair the artery.

Ms. Hill would like to thank the following members for the excellent medical service they provided to her during this life threatening incident: EMS Captain Adrian Nunn, EMS Lt. Walter Grochala, Paramedic Edward Winslow and EMS Lt. Kurt Hoffman.

## Heat/Dehydration!

The human body is mostly water. If you took the water out of a lean man weighing 180lbs, there would be approximately 55lbs left. Your brain, muscles, blood and sweat are mostly water that your body doesn't function like it is supposed to when it doesn't have enough water.

## Dehydration – A shortage of water in the body

Dehydration may result in fatigue, weakness, dizziness and collapse. When the body becomes dehydrated it stops sweating and becomes overheated.

Don't rely on thirst. When working, playing or exercising in the heat by the time you feel thirsty you are already on your way to being dehydrated.

Hydration guidelines: Drink what you like, but stay away from caffeine, fruit juices and alcohol. Drink adequate fluids at regular intervals. At least eight cups of fluid.



The new Rehab Unit for DC Fire &EMS was featured on display last month at the Firehouse Expo exhibit floor in Baltimore, Maryland.

The unit which will be staffed by the Friendship Fire Association was designed by that group in conjunction with DC Fire &EMS's Fleet Maintenance Division. Additionally, a new state of the art Canteen Unit is also in its final stages of construction.

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